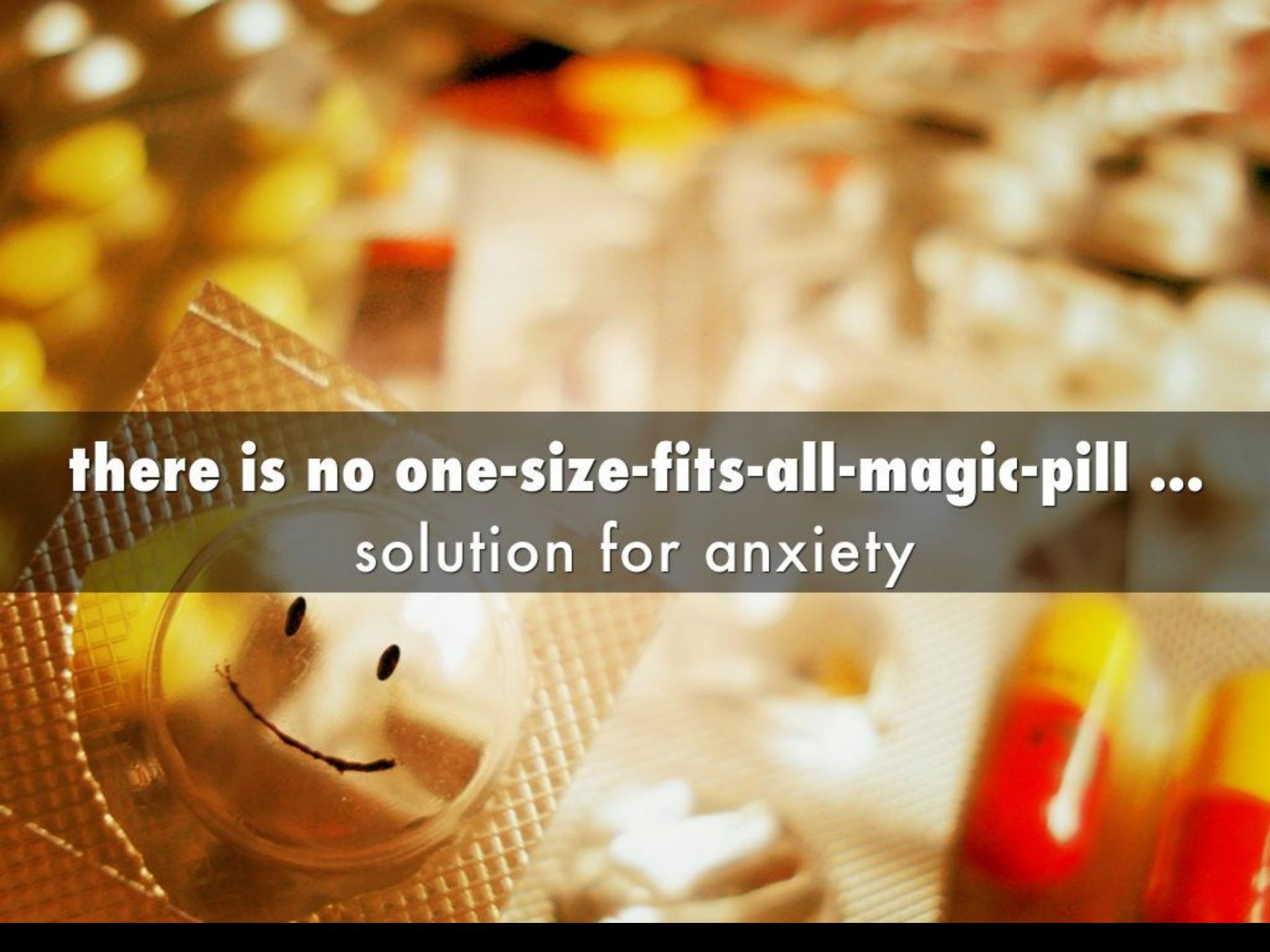


A close-up photograph of a young boy with short blonde hair. He has yellow paint on his forehead and red paint on his nose and chin. He is holding a red paintbrush in his mouth and has blue paint on his hand. He is looking directly at the camera with a surprised expression. The background is a bright green.

8 One-Minute Anxiety Relief Tools

for Kids Big and Small



**there is no one-size-fits-all-magic-pill ...
solution for anxiety**

A golden Aladdin-style lamp with a blue genie bottle and a blue genie head against a dark background with glowing blue bokeh lights.

**Find below 8 One Minute ...
MAGIC techniques that have worked for you**

#1 BREATHE

LAUGH
AS MUCH
AS YOU
BREATHE
AND LIVE
AS LONG AS
YOU LIVE.

- JOHNNY DEPP -

 SYMPHONY OF LOVE
PHOTO BY BOUDEWIJN BERENDS

the body can also ...

communicate with the mind



#2 DRINK
WATER



**Water helps deliver vitamins and nutrients ...
to their proper destinations**

#3 HUG A
LOVED ONE

A photograph of two young boys with light brown hair, smiling and hugging each other. The boy on the left has his arm around the boy on the right's neck, and they are both looking towards the camera.

A hug with a loved one ...

can melt stress away

#4 BE
MINDFUL



BE MINDFUL
EVEN IF YOUR

thinking about the past or future ...

is more likely to trigger anxiety than focusing on the present

#5 WITNESS
LOVE



**viewing pictures of others' being cared for ...
can soothe anxiety**

Vinoth Chandar

#6 REFRAME STRESS

A close-up photograph of a person's hand holding a bright green, textured stress ball. The hand is positioned vertically, with the thumb on the left and fingers on the right, gripping the bottom of the ball. The background is a plain, light-colored surface.

A little stress in your life is okay ...

stress



your mindset regarding stress ...

influences how your mind and body react to it

#7 KEEP IT REAL

A woman with dark hair and bangs is shown in profile, facing right. She is wearing a light-colored collared shirt. Her gaze is directed towards a bright, glowing blue-green hand that appears to be floating in the air. The background is a dark blue with numerous out-of-focus, glowing circular lights, creating a bokeh effect.

**the best ways to bring yourself back ...
from a distorted reality is self-disputation**

#8 LAUGH



laughter can relax muscles ...

improve respiration and circulation

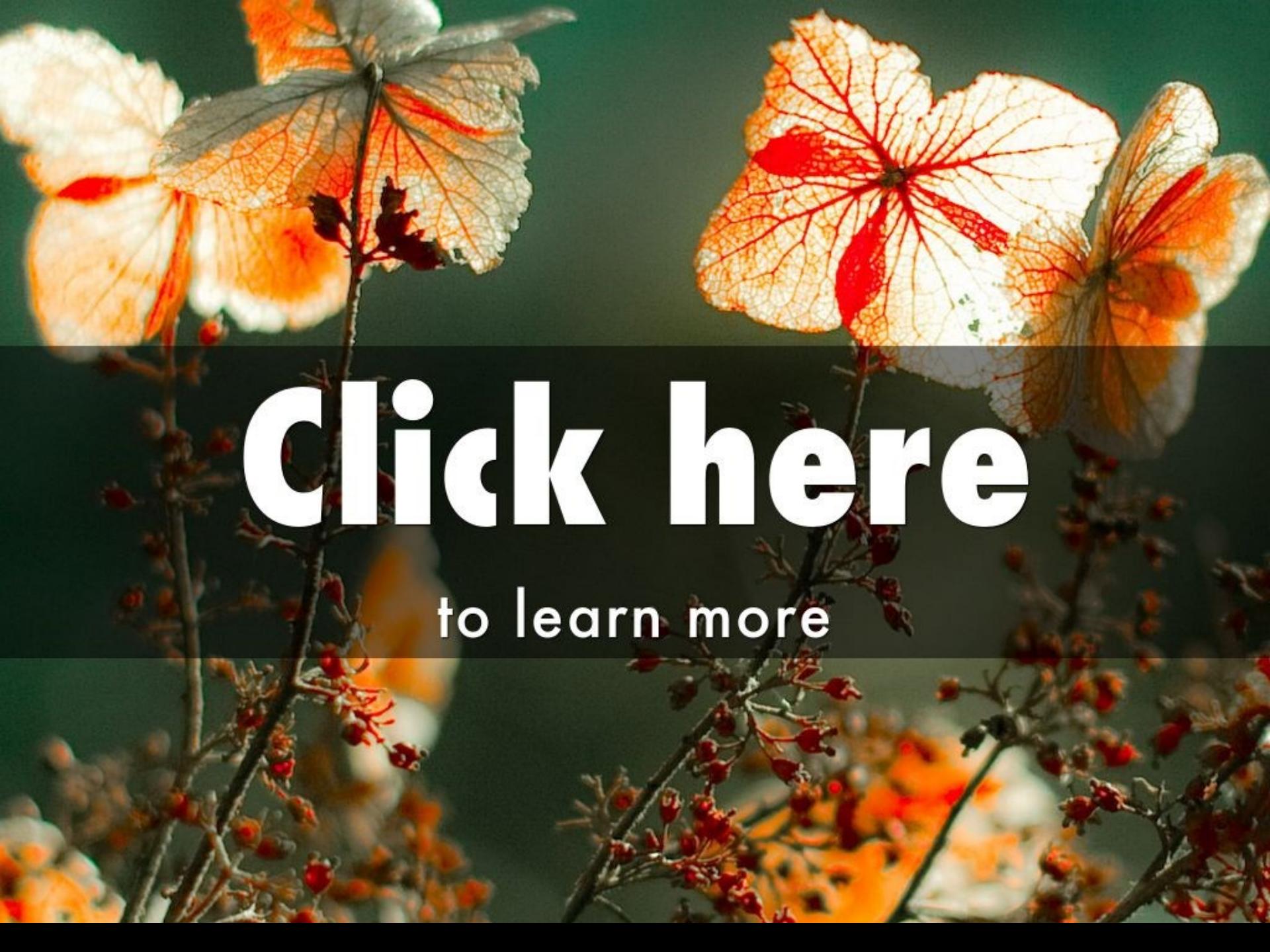


**stimulate the production of endorphins ...
(natural pain killers)**

A close-up photograph of a young boy with light brown hair, smiling broadly with his mouth open. He is wearing a blue and red superhero t-shirt with a yellow emblem. The background is blurred, showing what appears to be a soccer net.

and decrease ...

stress-related hormones



click here
to learn more



Peace within Reach

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Strategies for Children**

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